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U. S. Department of Agriculture
Nation-wide Victory

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APPLES RETURN AS VICTORY FOOD SPECIAL

For the second time this fall apples are starring as a National Food Special--from October 22 through October 31,

"Apples are welcome in wartime meals," says _____ (name)

_____. "That is, they are easy on the sugar ration. (title) (place)
Served fresh, they need no sweetening at all. Cooked, they may need no sweetening or only be sweetened to taste. And the sweetening may sometimes be honey or corn sirup."

According to home economists of the U. S. Department of Agriculture, plenty of raw apples in the diet can contribute a fair amount of vitamin C and small amounts of thiamine and riboflavin. Recent tests have shown that the vitamin C is concentrated in the peel of apples, although this differs among apple varieties. An apple is well digested by most persons, and it appears to be a good conditioner of the intestinal tract.

No matter how often the cook chooses to work apples into meals she need never be at a loss for ways to serve them. Here are suggestions from the Bureau of Home Economics of the U. S. Department of Agriculture's Agriculture Research Administration--for making two favorite apple dishes with less sugar.

For applesauce, add sugar or other sweetening to taste to apples after they have been cooked in just enough water to keep them from scorching, and have been put through a colander or stirred till smooth. Add a few grains of salt and serve hot to bring out the good apple flavor and sweetness.

For baking, wash and core apples, but do not cut through the stem end. Fill the center with sugar or corn sirup. Add butter or other table fat and chopped nuts if you like. Cover the apples in a baking dish. Bake in a moderate oven until the apples are soft. Serve hot or cold.

